

Top 4 Reasons to Complete ACP ASAP

by Connie Jorsvik of PatientPathways.ca

"Advance care planning is the process of thinking about and writing down your wishes or instructions for present or future health care treatment in the event you become incapable of deciding for yourself. Your advance care plan should include information for a variety of situations including: hospital care during and after routine surgery, care in the event of an accident, or end-of-life decisions. In British Columbia advance directives, which are legal documents, are a legal option for all capable adults who want to do advance care planning." [Healthlink BC](#)

Read on for just a few of the benefits of putting these documents in place, as well as who needs them, and how 1-on-1 guidance sessions with a healthcare planning expert can help make it quick and easy to *just get it done*.

4 Benefits of Completing Advance Care Planning ASAP

- All documents outlining your care wishes will be ready to go in any medical situation or emergency
- A healthcare expert will help you understand and think through what you don't know
- You will learn and discuss scenarios you may encounter throughout your health journey
- You will feel more prepared and confident in having courageous conversations with loved-ones and doctors about your wishes

Who Needs ACP the Most?

- Aging adults before serious illness or cognitive decline
- All adults currently facing serious illness and end-of-life
- Adult children helping aging parents plan before healthcare crisis

3 Reasons You May Be Putting Off Advance Care Planning

- "I'm healthy and enjoying life too much to think about getting sick, and certainly not dying."
- "Talking about serious illness and death scares me and/or upsets family, so we don't."
- "I know it's important, but the planning is overwhelming."

How ACP Sessions with an Expert Make It Easy

- An expert will take time to know you in person, taking time to learn your values, beliefs, wishes and fears
- A proven, time saving, step-by-step process is utilized, removing overwhelm
- Working with an expert offers relief by helping you finally complete these vital documents, and offer coaching for making hard conversations easier with loved ones

Did you know Patient Pathways offers one-on-one Advance Care Planning sessions that seamlessly integrate your medical wishes into the critical documents required by hospitals (aka MOST)? This level of personal planning goes above and beyond what any lawyer or notary offers in their boilerplate end-of-life documentation - at a considerably less cost. [Learn more](#)

[Connie Jorsvik](#)

Connie Jorsvik is an educator, author, public speaker, independent healthcare navigator and patient advocate. Since 2011, she and her team at PatientPathways.ca have passionately supported hundreds of patients and families journeying through complex illness, end of life, and planning ahead in BC, Canada.